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# TABLE OF CONTENTS



## COLUMNISTS

**JOSH ELLIS:**  
**VACATION SEASON** ..... 9

**KRISTI SCALES:**  
**ON THE SIDELINES**  
A Judge's Perspective ..... 18

**BRAD SHAM:**  
**VIEW FROM THE BOOTH**  
Isn't That Special? ..... 128



## INFORMATION

**2015 DALLAS COWBOYS SCHEDULE** ..... 16

**DETAILS: WHERE TO BUY** ..... 125

**DALLAS COWBOYS ROSTER** ..... 126



## FEATURES

**SAME TIME NEXT YEAR** ..... 10

Despite loftier expectations, the Cowboys defense still enters 2015 with many of the same questions that plagued it last year.

By Mickey Spagnola

**#SANDSUNFUN** ..... 20

For the Dallas Cowboys Cheerleaders, a trip to the Riviera Maya in Mexico for the annual swimsuit calendar shoot means long days, but also lasting memories.

By Jacie Scott

**Fantasy Island** ..... 28



*Kelsey*

**Beach Bonitas** ..... 56



*Jacie*

**Stunning in the Sun** ..... 94



*Rachel*





*Kingie*



# DALLAS COWBOYS STAR

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Watch **behind-the-scenes** videos and view additional photos from the squad's annual calendar shoot at [DallasCowboys.com/cheerleaders](http://DallasCowboys.com/cheerleaders). You can also check out the latest news, see upcoming events, or even request an appearance. Stay connected to **America's Sweethearts** throughout the summer!

**Jeff Sullivan's Bald Head column will return next issue.**

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74

17

43

54

20

12

55



33

54

22

TS

43

70

88

8

22

88

94

73

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# VACATION SEASON

By Josh Ellis



Just as this here magazine does every June with the hotly anticipated Dallas Cowboys Cheerleaders Swimsuit Edition, I'm taking a summer vacation this year. A real summer vacation. I'm getting away from work, email, Facebook, Twitter, Periscope, Skype, Snapchat, Tumblr, Tindr, Bumbl, Blendr and Grindr.

Like the beauties you'll see in this stunning issue, I'm going to hang out on a tropical beach. Down in Costa Rica. It's going to be incredible. Just look how much fun the cheerleaders are having.

The sun will be out and every day will be gorgeous with a bright blue sky, just like you'll see pictured here. If my trip is anything like the DCC getaway, the scenery will be perfect. Every sunset will be picturesque. And judging by these pages, the company on those tropical beaches is simply to die for.

Of course, now that I think about it, Costa Rica is situated so close to the equator that the weather will be oppressively hot – over 100 degrees every afternoon. The girls you'll see in this expanded edition are certainly hot, but not in that way – none of them appears too worried about staying hydrated and whether or not it's advisable to do so with water from these ports of call in Latin America. Girls like that are immune to Montezuma's Revenge, I prefer to think.

And, I'm not staying at a perfect resort like the girls did. I'll be staying at an apartment I found on Airbnb, and it has a lot of amenities, but not all of them. For instance, there's a washing machine, but no dryer. There's a shower and a bidet, but no hot water. I guess that means I'll pass on the bidet.



Oh, but the sunset over the Pacific! It'll be breathtaking. But then again, I'll have to hurry inside once the sun is down, because night-fall brings out rain forest-sized insects and sand crabs. You never see a girl in the DCC uniform who has been eaten up by chiggers, do you?

I'm pretty sure the company on my little trip won't compare to the cheerleaders, either. By a long shot. But, hey, at least my buddy Tim knows how to speak Spanish. He wouldn't look that great in a bikini, but he's a good pal.

No, my little getaway isn't going to be the ideal vacation to a perfect tropical isle, but at least it's a chance to set aside the stress of work and the drudgery of the regular routine. We all need that from time to time, especially in the dog days of summer. If nothing else, my trip is a nice bridge to football season – when I get back to the country, it'll be one week closer to kickoff. And that's kind of the point of the swimsuit issue, come to think of it.

So join us in taking a little break from the normal – from worrying about whether Joseph Randle can carry the load at running back or if Byron Jones will be better as a cornerback or as a safety – and soak in the beauty of summer.

It'll be over before you know it.

## Flint's View







# SAME TIME





JEREMIAH JHASS/DALLAS COWBOYS

Despite loftier expectations, the Cowboys defense still enters 2015 with many of the same questions that plagued it last season.

By Mickey Spagnola

So here we are, the Cowboys finishing the last of the allotted three weeks of Organized Team Activity (OTA) workouts.

They will conduct their lone mandatory minicamp for players under contract this coming week, June 16-18, and then that will be it for the majority of activity out at The Ranch until the wheels go up July 28 on their charter flight heading to Oxnard, Calif., for training camp.

But for a team coming off its first winning season in five years, going 12-4 and capturing the first NFC East Division title and first playoff game since the 2009 campaign, it's almost as if time has stood still.

As if it's *same time next year*.

Right?

Just as it was a year ago, so much is expected of the Cowboys offense. The same one that helped the team score 467 points last season, second most in franchise history, only bettered by the 479 of 1983. And while many seem to be fretting about the loss of NFL rushing champ DeMarco Murray, as long as Tony Romo is here and healthy, and Dez Bryant is here and healthy, and this offensive line remains intact, you likely will be able to count on the Cowboys averaging the 29 points a game they did in 2014 when posting at least 30 points in 10 of 16 contests.

And truth be told, as well as they did rushing the ball, they indeed left "meat on the bone" in the running game (right, Joe?) in doing so.

But now, heading toward the 2015 season, what concerns you most about this team?

The darn defense ... again.

Same as last year when most everyone was predicting doom and gloom because the Cowboys were coming off the worst single-season defensive performance in franchise history in 2013, when they somehow still managed an 8-8 record. Why, they had questions galore:

Who was going to replace the injured Sean Lee?

Could Rolando McClain restart the career he walked away from at Thanksgiving of 2012?

# NEXT YEAR



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What would Henry Melton do coming back from ACL surgery?

Was there another option at the all-important 3-technique position on the D-Line to replace the departed Jason Hatcher?

Who was going to put pressure on the quarterback without DeMarcus Ware around?

Could Bruce Carter up his game?

Would they get anything out of Josh Brent?

Could J.J. Wilcox really become a starting free safety?



And this Rod Marinelli guy, would he really be the answer to leading a defense coming off a 32nd-ranked season since he was the defensive line coach and right-hand man to then coordinator Monte Kiffin at the time?

On and on and on, to the point that the majority seemed to be predicting a 6-10 finish for the Cowboys based on these questions alone, dismissing how good the offense might be. "This time last year we didn't know what we had," Marinelli honestly said.

But viola, the Cowboys defense jumped from 32nd to 19th in total yards, and the wins vaulted from three consecutive seasons of eight to the seven-year high of 12, only the 1992 and 2007 teams ever winning more regular-season games in club history (13).

So better, but certainly not a finished product. Not when you figure the Cowboys only won one game, regular season or playoffs, when scoring fewer than 26 points. And, they had to go into overtime to do that, beating Houston, 20-17.

But in this game of NFL football, one year's success does not beget the next year's success.

"It's a work in progress," reminded Marinelli, who is well aware that there seems to be this assumption floating

around that the defense will automatically make another huge leap forward. "Every year you have to start over.

"No assumptions."

Here is the last time in Cowboys history so many bought into what turned out to be fool's gold, and veteran linebacker Lee remembers it so well. He was a rookie then in 2010, a second-round pick out of Penn State. The Cowboys' prospects seemed so bright. They had gone 13-3 in 2007, followed by a 9-7 record in 2008, losing two of the three games Romo missed due to injury. Then they went 11-5 in 2009, winning a playoff game, their first since the 1996 campaign.

They were on their way, by golly.

"Never forgot the 1-7 start we got off to," Lee stated, knowing that false start got head coach Wade Phillips fired mid-season and solidified the Cowboys' first losing effort in six years (6-10). "All the talk doesn't matter. You've got to go out and do it."

No doubt about it. Lee even reiterated the words of head coach Jason Garrett, seemingly his mantra for the coming season: 2014 is dead and gone. The 12-4 record is moot. The oh-so close call of advancing to the NFC title game was buried for good near the end zone in Green Bay that January day. Laurels in the NFL burn faster than dead underbrush.

"There is an approach that we have to get better," co-captain Jason Witten said. "It's not easy."

No it's not, not when so many questions seemingly continue to swirl around this defense.

Oh sure, the Cowboys have added some pieces to the puzzle. Signed Greg Hardy in free agency. Re-signed Rolando Mc-





Clain. Have Lee returning following his ACL surgery. Drafted defensive back Byron Jones in the first round. Drafted defensive end Randy Gregory in the second round. Are certainly counting on having last year's second-round pick, defensive end DeMarcus Lawrence, healthy for more than the second half of his rookie season. Are counting on last year's emerging Tyrone Crawford to up his game even further at defensive tackle.

When Marinelli sensed so much giddiness from media questions that first week of OTAs, all based on potential, he said, trying to add some perspective to the budding optimism of getting more pressure on opposing quarterbacks, "We're rushing the air pretty good, but when we get in pads that's when it counts. ... We're beating air."



And when checking on the progress of them Cowboys against air after the second week of OTAs – practices are conducted in helmets, jerseys and shorts, very limited contact – Marinelli said, "We're ahead of the air ... but the bags got us a couple of times."

See, because when you really analyze the state of this defense, there are still swirling questions facing the unit. Let us ask:

Sure, the Cowboys signed Hardy, the former Pro Bowl defensive end, but after appealing his 10-game suspension for "conduct detrimental to the league" and as of late last week still awaiting a decision, how many games will he indeed be eligible to play?

Sure, Lee is returning, seemingly good as new, but he's switching positions in this 4-3 defense, going from the middle to the weak-side linebacker spot, admitting himself, "I have stuff to prove and I've been here now six years." So how well will he play after missing an entire season, and might this be

the first year of his career he remains healthy for all 16 games?

Sure, McClain is back, but the Cowboys, remember, must have had reservations about him since he was signed to just a one-year deal, and much of his money dependent on how many games he actually plays. Not to mention he already had missed the first two weeks of OTAs after having his troublesome knee scoped about a month back. How much can they count on a guy who seemingly always has something?

Sure, the Cowboys have added Jones, but as we know with first-round draft choices, you project, but can never count on anything until seeing it. And then there's where he will exactly fit in.

Same with Gregory, and remember two things: First, he's only played three years of college football, and one of those was at the JUCO level. And two, defensive ends generally don't light up the league their rookie year, last season's highest drafted true 4-3 defensive end Anthony Barr finishing with all of four sacks. So what sort of presence will Gregory have?

Sure, Lawrence began showing signs of getting to the quarterback at the end of last year, but again, in seven regular-season games he finished with but one sack, so how well will he play figuring to be a fulltime starter but moving from the right side to the left?

Sure, Jeremy Mincey returns, the guy who led the team in 2014 with six sacks, but did you realize those six were the fewest since Greg Ellis had six in 2001, matching the lowest team-leading total since Bob Lilly had five in 1963?

Sure, former first-round pick Morris Claiborne seems to be ahead of projections after having both patellar tendons repaired less than a year ago. But can he stay healthy, and if he does, how much will he add to a secondary that was somewhat iffy last season, though having to deal with limited pressure on opposing quarterbacks?

And while it seems the Cowboys aren't drawing a line in the sand on cornerback Brandon Carr's contract, pointing toward the veteran being here in 2015 – there could be an adjustment, lowering his base salaries, but possibly upping his security as they once did with offensive tackle Doug Free – can he pick up where he left off last year, playing his best football over the final month of the season?

Enough?

See there, that's a whole lot of questions if you happen to be one of those counting on this defense taking the next step, and as was pointed out last year, you can't always count on affirmative answers when facing that many questions.

But if this defense is to indeed reach another level, if Dallas is to capitalize on last season's success, here's the biggest question needing a positive response:





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- The 28 is the franchise's fourth-lowest single-season total since sacks became an official NFL statistic in 1982, and only three more than the third fewest of 25 in 2000.
- The 28 were 26 behind Baltimore's league-leading 54.

And doesn't it still stick in your craw that a limping-around Aaron Rodgers was only sacked one time (once!) while attempting 35 passes in the Cowboys' 26-21 NFC Divisional Round playoff loss to Green Bay?

While total yards is one measuring stick of a defense, Marinelli puts a premium on pressure in the pocket. Because, as he points out, the most important defensive stat is takeaways, and when you consider that, well, the Cowboys were darn good creating turnovers, finishing with 31, second only to Houston's 34. And that was with 10 fewer sacks.

Imagine what might have been if the Cowboys were getting more pressure on opposing quarterbacks, because as Marinelli insists, "Most turnovers occur in the pocket," meaning generated by sack-fumbles or pocket pressure being the impetus for interceptions.

Mincey smiles when asked about the need for more pressure on opposing quarterbacks, simply saying, "Pressure breaks pipes."

You get the message.

But wasn't this the same worry we all had a year ago when the Cowboys released Ware and decided the price tag was far too high to re-sign aging defensive tackle Jason Hatcher, who just so happened to lead the team with 11 sacks in 2013, although at that time the fewest sacks to top the squad since Ware and Ellis each had eight in 2005?

So here we are mid-June, the start of training camp nearly seven weeks away, and no matter what the Cowboys have done trying to improve this team – and in the NFL if you're not getting better you're getting worse – we still seem to have these same question from a year ago lurking overhead:

How good will this Dallas defense be?

There are some insisting the Cowboys will need to score 30 points a game to post a record as good as a year ago because there seems to be so many questions about the defense ... still. Well, heck, they nearly did that last season, coming up just 13 points short of that 480-point projection.

But, what about this? What if the Cowboys don't give up at least 28 points the seven times they did in 2014, accounting for three of their four losses?

What if the Cowboys could win a game scoring no more than 17 points, something they've only done three times in the past 80 games? Last season they lost their four regular-season contests when scoring no more than 17 points – three 17s and a 10 – while a fifth 17-point-or-less output did push them into overtime for that victory over the Texans.

What if the Cowboys don't give up the 26 points they did to the Packers in the playoff loss?

And here is a novel idea: Instead of the Cowboys offense supposedly having to protect the defense through time of possession – it averaged 4 minutes, 44 seconds time of possession more than its opponents in 2014 – what if the defense improved to the point of putting this potent offense back on the field sooner?

Hard to believe, isn't it? A year, a 12-4 record and a playoff victory later, and we're still asking the same questions about this defense.

And believe me, we don't know the answers ... yet.  
Same time next year.

## COWBOYS

### 2015 SCHEDULE

DATE	PRESEASON (TV)	TIME
Thurs., Aug. 13	@ San Diego (DCTV)	9:00 p.m.
Sun., Aug. 23	@ San Francisco (DCTV)	7:00 p.m.
Sat., Aug. 29	Minnesota (DCTV)	6:00 p.m.
Thurs., Sept. 3	Houston (DCTV)	7:00 p.m.
DATE	REGULAR SEASON (TV)	TIME
Sun., Sept. 13	N.Y. Giants (NBC)	7:30 p.m.
Sun., Sept. 20	@ Philadelphia (FOX)	3:25 p.m.
Sun., Sept. 27	Atlanta (FOX)	Noon
Sun., Oct. 4	@ New Orleans (NBC)	7:30 p.m.
Sun., Oct. 11	New England (CBS)	3:25 p.m.
Sun., Oct. 18	BYE	
Sun., Oct. 25	@ N.Y. Giants (FOX)	3:25 p.m.
Sun., Nov. 1	Seattle (FOX)	3:25 p.m.
Sun., Nov. 8	Philadelphia (NBC)	7:30 p.m.
Sun., Nov. 15	@ Tampa Bay (FOX)	Noon
Sun., Nov. 22	@ Miami (FOX)	Noon
Thurs., Nov. 26	Carolina (CBS)	3:30 p.m.
Mon., Dec. 7	@ Washington (ESPN)	7:30 p.m.
Sun., Dec. 13	@ Green Bay (FOX)	3:25 p.m.*
Sat., Dec. 19	N.Y. Jets (NFLN)	7:25 p.m.*
Sun., Dec. 27	@ Buffalo (FOX)	Noon*
Sun., Jan. 3	Washington (FOX)	Noon*

\*Home Games in **BOLD**

\*Kickoff time subject to change

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# ON THE SIDELINES with Kristi Scales

## A JUDGE'S PERSPECTIVE



There's only one sure bet when it comes to judging Dallas Cowboys Cheerleaders Auditions: Just when you think you've seen it all, get ready for something new.

Only 46 of the more than 300 hopefuls made it through all three rounds of auditions and were invited to DCC training camp. Along the way, we saw some wonderful talent, a few missteps and a couple of unexpected moments.

As a judge for the past 14 years, I'm continually amazed by the diverse backgrounds of DCC hopefuls. Not only cultural and racial diversity, but also diverse educational backgrounds, career choices, ages and hometowns. By my unofficial count, we had around 15 teenagers who were only 18 years old (the minimum age requirement for DCC), one of whom had her high school prom the same night as Round 1 of the auditions. But we also had a 44-year-old pharmacist who is a mother of two, and a 41-year-old nurse who is a mother of three.

In addition, a contestant whose family is originally from Taiwan is a physician and mother of two sons, while a contestant of Filipino descent is a pediatric oncology nurse. A young woman who teaches in Dallas, originally from Washington, D.C., is the granddaughter of a Nigerian princess.

When it comes to the international appeal of the DCC, we once again reached points all over the globe. Returning veterans Angela and Jinelle, our two Australians, are back for another training camp, but we also had two sisters, ages 31 and 27, fly all the way from Osaka, Japan, to audition, and they made it to the semifinals! We had a Canadian dance instructor/cheer coach from Windsor, Ontario,



a contestant from Colombia who has already earned her master's degree in economics, and an 18-year-old from Monterrey, Mexico. She knocked our socks off and sailed into the final round where she more than held her own against the veterans.

Thirty-six of the 50 United States were represented. From East Longmeadow, Mass., to Far West, Utah, Eden Prairie, Minn., to McAllen, Texas, Miami, Fla., through Rigby, Idaho, and on to Seattle, we literally covered the map.

As for universities, by my count we had more than 50 colleges represented. One was only one mile from the stadium (UT-Arlington) while others were dotted throughout the country, from the

University of Hawaii all the way to the University of Massachusetts.

Ah, but don't worry, native Texans. At least 15 universities from the Lone Star State, plus several junior colleges, were also part of the mix.



*Do you have a question about the Cowboys or life on an NFL sideline? If so, email Kristi at [KScales@DallasCowboys.net](mailto:KScales@DallasCowboys.net) or write to: Kristi Scales, Dallas Cowboys Radio Network, One Cowboys Parkway, Irving, TX 75063*





While the vast majority of hopefuls have many years' worth of dance training or experience in drill team or competitive cheer, there are others whose backgrounds have nothing to do with dance.

Let's see, this year at auditions we had a monster truck driver; a former wide receiver/safety for a women's pro football team; a black belt in karate; and a member of the USA Rhythmic Gymnastics National Team. And while this may not be competitive, we had a young woman from Little Elm, Texas who said she used to babysit current

Cowboys wide receiver Cole Beasley. Babysitting may not be an official sport, but knowing Cole, this girl had to be in good shape to keep up with him.

And how is this for diversity? In Round 1, the 18-year-old from Mexico, who is a member of a competitive ballroom dance team, was standing next to a young woman from Mississippi who worked with dairy cows. Seriously!

And if you've ever doubted that the cheerleaders are regarded as the best of the best, just know that many members of other professional sports teams come to AT&T Stadium to audition for our squad. This season alone we had current or former members of the Patriots, Ravens, Jets, Raiders, Jaguars, Dolphins, Falcons, Vikings, Chiefs and Lions squads. We also had dancers from the NBA's Lakers, Clippers, Knicks, Jazz, Spurs, Thunder, Bucks and Mavericks.

Of course, along with all the really impressive résumés and show-stopping dance moves, there is always a bit of comic relief. Sometimes the comedy is intentional; unfortunately, other times it is definitely not. Those are the embarrassing moments that may show up on CMT's reality show *Dallas Cowboys Cheerleaders: Making the Team*. And yes, the production company filmed auditions again this year, which you'll see when the popular show airs later this summer.

If the film is rolling, you know there will be contestants doing something funny to make an impression. It goes back to my original premise of "expect the unexpected," which is what makes each year of auditions unique.

This time around we had a contestant who, while introducing herself to the judges, claimed that she could sing the full list of U.S. Presidents in chronological order to the tune of the *Gilligan's Island* theme song. So she sang it ... and it was hilarious.

As for the unintentional comedic moments, well, we only had minor wardrobe malfunctions this year. Unless you count hair extensions as "wardrobe." During the semi-finals, one of the contestants lost her hair extension. It fell on the dance floor in the middle of her routine. Fans of the original *Star Trek* television series will remember "The Trouble with Tribbles." The extensions looked like one of the tribbles, a clump of hair just sitting there on the floor. Don't worry, though. The young woman is a fine dancer and sailed into the final round. No trouble with her tribble.



Overall, there will be many new faces on this year's squad, as only 20 returning veterans are back from last year's group of 36 members. That's a lot of new blood and new excitement.

These rookies definitely earned their spot in training camp and now have a full summer of rehearsals to prove they belong. They're called America's Sweethearts, but the DCC's reputation extends well beyond our borders. These young women come from all over the world for the opportunity to represent the Dallas Cowboys.





# #SANDSUN

**For the Dallas Cowboys Cheerleaders, a trip to the Riviera Maya in Mexico for the annual swimsuit calendar shoot means long days, but also lasting memories.**

"Is that you?"

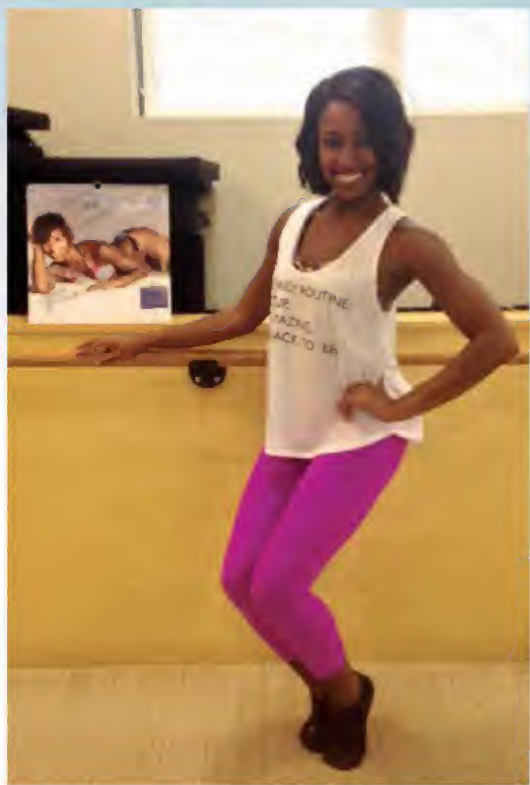
Over the last month I was asked that question some 100 times. Ninety-seven of those came while at The Bar Method, a bar-based workout studio in Dallas. There's a Dallas Cowboys Cheerleaders swimsuit calendar hanging in each of the locker rooms at The Bar Method, and I'm honored to say that it was my face on display for May.

This was my first year in the swimsuit calendar, and I admit that it's an incredible feeling being recognized as the girl hanging up on the wall. (Even if you're in workout clothes and without glamorous makeup when they recognize you.)

When I look at it, though, I see more than just the glam hair and makeup. I remember hearing Jenna and Katy's positive encouragement as I laid in the sand. The sun setting in the background. Photographer Jeremy Shelby and his crew working their magic. And most importantly, the humongous wave that drowned me in water and sand just minutes before Jeremy got the shot.

Sweet memories! Stories like that and more are made during our annual calendar shoot. For several years, the cheerleaders have traveled to exotic locations, including the Bahamas, Cancun and Cozumel. We've had a long-standing tradition with the country of Mexico, and continued that custom by returning to their beautiful beaches for the 2015 photo shoot. This year, we set our sights on the Riviera Maya, specifically the town of Tulum and its Mayan ruins.

Though the trips may have a similar format every year, the experience is never completely the same. Let's flashback to late March, Mexican beaches and Mayan architecture. Vamos!



LEFT: COURTESY OF JACIE SORT; RIGHT: JACIE SORT/DALLAS COWBOYS CHEERLEADERS



# FUN

By Jacie Scott







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## #DCCTULUM

"Hola, chicas!"

We arrived at our hotel, the Iberostar Quetzal along the beach of Playacar, and director Kelli Finglass greeted us with her island-inspired enthusiasm. (Every year she adds a little more to her Spanish vocabulary!) This usually sets the tone for our upcoming adventures.



Our hotel this year paid tribute to the Mayan culture, embodying a tropical forest-meets-beach-resort feel complete with stone statues, tree-hanging monkeys and squawking peacocks, which we heard as we stepped off the Amstar dmc bus.

One of the first words we added to our own budding Spanish upon arrival was "vaqueritas." Definition? Cowgirls. Seemed fitting. Plus, it was our Wi-Fi password, so we got very familiar with it.

The hospitality in Mexico never falters. I can honestly say that each year we are greeted with such warmth. We gain a home away from home. During the 10-day span that we were there, each girl shot on two separate days. So, what did we do with our free time? Our resort had us covered with their beautiful pools, water sports, Zumba and the beach, of course. The day was also used to film things for Cowboys media and fans back home. By night, we had multiple restaurant options and a themed variety show put on by the onsite singers and dancers. Needless to say, moments were only dull if we wanted them to be.

## #LIGHTSCAMERACTION

It gets real on shoot days. This is where our hard work comes to fruition, and we're introduced to a new sense of excitement. Let me preface this by saying that the majority of us have little to no experience modeling, let alone in swimsuits on the beach. (No, selfies don't count.) So, this is truly stepping out of your comfort zone.





First, we must wake up at the crack of dawn, or in our case, before the peacocks were awake. Call times were usually at 4 a.m. for hair and makeup, and we shot in groups of three or four. It's an all-day affair, sunrise to sunset.

There are two teams of photographers: Team Jeremy and Team Wade. Both has his own crew and makeup artists, and each photographer also has his own brilliant style and approach.

Jeremy has more than five years of experience as a head photographer with us. The fedora-wearing shooter is bold and fast-paced with a scenic eye. Scouting unique settings and pairing each with the girls is his muse, from abandoned life houses to rocky coves.



Wade Livingston has over 16 years under his belt. The veteran photographer has a slow, slinky approach, evaluating everything from lighting, colors, textures and so on, to create the perfect picture. While the two work differently, they both yield stunning results, as you'll see on these pages.

Each shoot day presents a new adventure. There are times when we take advantage of the views at a different resort. In those cases, we'd have a hotel room for hair and makeup touchups as well as down time.

Then, there are those times when we hop out of the Amstar dmc van to shoot in the middle of a busy downtown marketplace, and the van itself is the hair and makeup room. (Those situations make for the best memories.) No two shoot days are the same, so you learn to be prepared for anything.



Posing for photos is a different beast. If you watched the *Victoria's Secret Swim Special* a few months back, you saw how effortless and elegant they make it look. That's why they're the pros. Because let me tell you ... it's not easy.

Take a second and picture it.



Courtesy of Jasie Scott



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You're asking your body to contort in ways you didn't know were humanly possible, while arranging your face in a pleasant, yet mysterious, yet flirty gaze as waves crash at your feet (maybe your entire body) or sharp pieces of rock poke your skin. Meanwhile, you're probably mentally talking to yourself, wondering if you look natural or if your hair is flying Alfalfa style.

But then, the photographer lets you glance at a few shots and your jaw drops because you realize that's you in the photo. And it looks unreal.

This is where you truly have to step out of your comfort zone and out of your own head. You learn to just soak in the moment. To connect with the photographer and the camera. Maybe even channel your inner Adriana Lima.

My first year, I had never experienced anything like this, and it took me a while to relax and enjoy it all, rather than overthink the placement of my body. I had to trust Jeremy and Wade, because they know what reads well in photos. They coach us, but once we let go, the real fun begins.

Next thing you know the sun is going down, and that's a wrap!

There's one day on the shoot where the photographers and crew have off, a necessity after working such long hours every day. This is also the day that we channel our inner Victoria Secret Angel for our own swimsuit fashion show.

The fashion show is held at the resort for hotel guests, showcasing the fabulous swimsuit designs of brands such as Ole Vida, BECCA Swimwear and more.

The show is choreographed to music with different scenes to display the variety of the suits - from country to jungle print to patriotic to even Cowboys colors. There's a runway, there's heels and, naturally, we kick off the show with a performance of "Thunderstruck" and our signature jump split.

## #LASVAQUERITASDE DALLAS

We've covered the glam, the stepping out of your comfort zone and the strutting portion of the calendar shoot, but as it comes to an end, we always realize that it's more than that. In a sense, these days solidify the bonds we've made as teammates and brings us closer just before the madness of auditions ensues. You spend 10 days in paradise with the girls you've spent an entire season with, but you somehow get to know each other even better.



My first photo session this year was with Loren and Melissa, two of the nine rookies who were on their first calendar shoot. I remember watching them on the bus ride to our destination and hearing them say how they weren't sure if they could do it. As their nerves set in, I kept encouraging them that they would surprise themselves out there.

Sure enough, they did.

Their faces after seeing a glimpse of the pictures were priceless, and I was proud to witness it. For most rookies, that moment is when they realize that the dream of being in a Dallas Cowboys Cheerleaders Swimsuit Calendar could become a reality. And, this swimsuit issue gives everyone a hearty taste of it.

After such wonderful and memorable experiences, I think we are all ready to answer the pressing question:

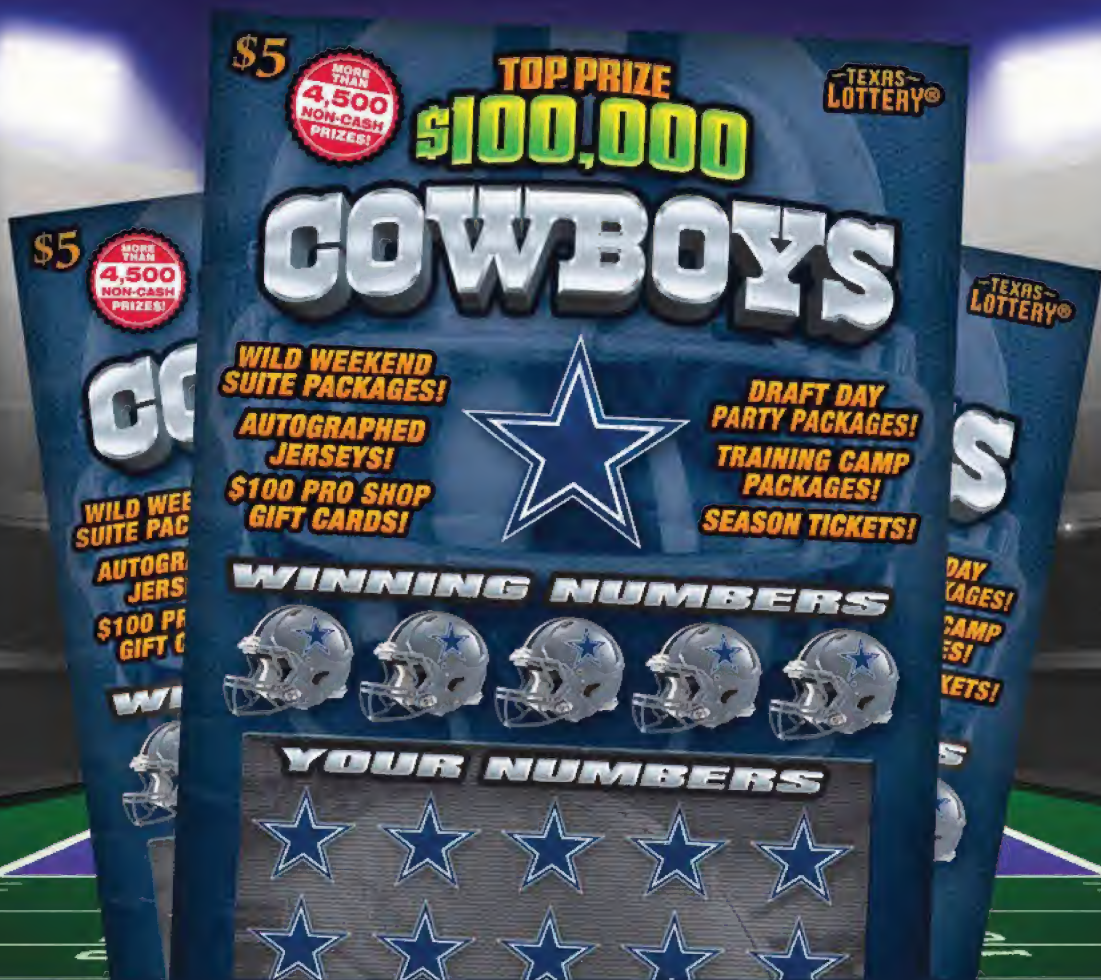
"Is that you?"



Top: Courtesy of Jace Scott. Bottom: Jaron Sharp/Dallas Cowboys Cheerleaders



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# Fantasy Island

A woman with tanned skin is lying on her side on a thick, weathered wooden log. She is wearing a blue and white patterned bikini bottom. Her right arm is extended upwards, and her left hand is resting on her thigh. The background is a soft-focus tropical scene with a palm tree trunk, green foliage, and a light blue sky and ocean.

*Kelsey*





*Holly*





*Danielle*





*Jenna*









Jacie





*Kinzie*





*Jessica*





*Kelsey*



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Ashley





*finelle*





*Jennifer*





*Paige*





*Rachel*





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*Caila*



A close-up photograph of a person's legs in the ocean surf. The person is wearing a bikini bottom with a vibrant, multi-colored patterned waistband. The water is shallow and bubbly, creating a soft, out-of-focus background. The lighting is bright, suggesting a sunny day.

*Erica*







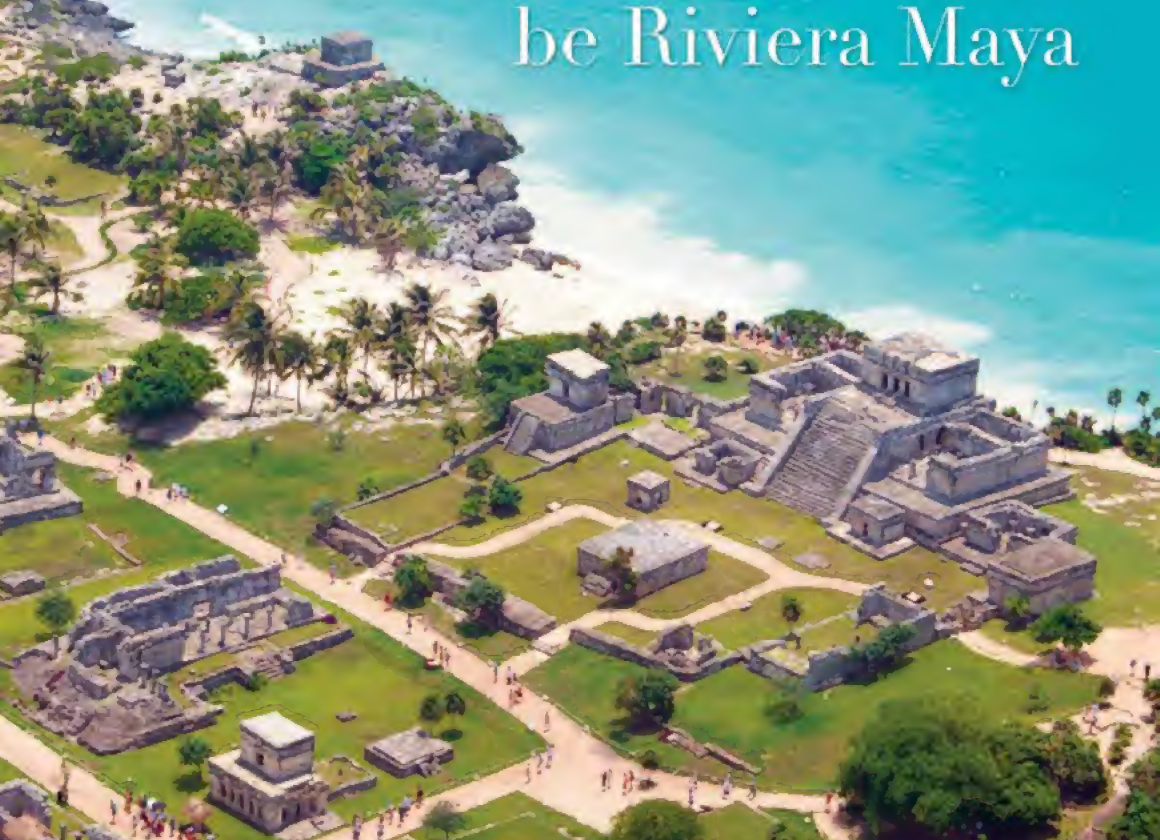



*Lacey*



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*Loren*





*Victoria*





*Melissa*





Mary









*Danielle*







# Beach Bonitas



*Jacie*



A photograph of a woman lying on her side on a sandy beach. She is wearing a bright blue one-piece swimsuit with a crisscross pattern on the back. Her legs are bent and her hands are resting on her knees. The background shows the ocean with white-capped waves breaking. The name 'Kelsey' is written in a cursive font on the left side of the image.

*Kelsey*









*Jenna*



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*Kingie*









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*Danielle*





*finelle*





*Paige*









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Ashley









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*Victoria*





*Caila*





Lacey



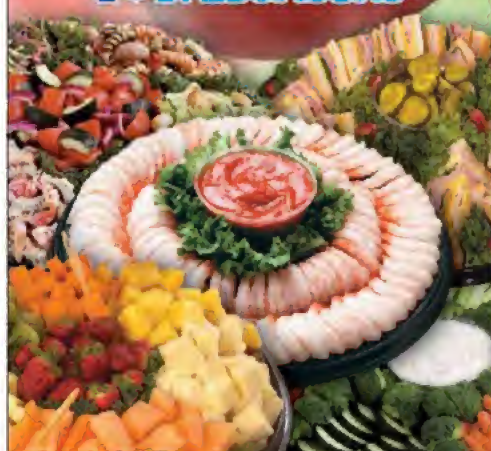


*Erica*



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*Jessica*





*Kelsey*





*Danielle*





Holly





*Kinzie*





Jenna





Jacie





*Ashley*







# Stunning in the Sun

*Rachel*






A full-page photograph of a woman with long, wavy brown hair, wearing an orange and white patterned bikini. She is posing in a tropical setting with palm trees and lush greenery in the background. Her right arm is raised, touching her hair, and she is looking towards the camera with a slight smile. The lighting is bright, suggesting a sunny day.

*Jennifer*



A black and white photograph of Keith Urban, a country music artist, is the background for the top half of the poster. He is shown from the chest up, in profile, looking towards the right. He has shoulder-length hair and a light beard. He is holding a dark-colored acoustic guitar, with his left hand on the fretboard and his right hand near the body. The image is high-contrast, with deep blacks and bright whites.

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Holly





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*Erica*





*Caila*



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Loren





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*Rachel*





Holly





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*Lacey*





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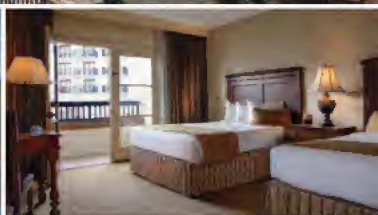
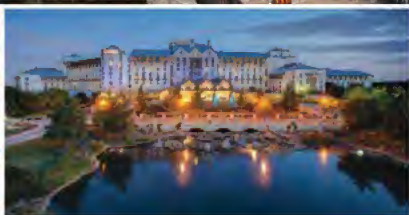


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# Details

## Photographers

### Wade Livingston

Pages: Cover, 28-29, 34, 35, 36, 41, 45, 48, 50, 52, 53, 56-57, 60, 63, 74, 78, 79, 81, 82, 83, 84, 86, 88, 90, 92, 93, 98, 99, 104, 105, 106, 108, 111, 116, 118, 119, 120,

### Jeremy Shelby

Pages: 3, 21, 30, 31, 32-33, 37, 39, 40, 42, 43, 46-47, 51, 54-55, 58-59, 62, 64-65, 66-67, 69, 70, 71, 72-73, 75, 76-77, 87, 89, 91, 94-95, 96, 100, 101, 102-103, 107, 110, 113, 114, 115, 122, 125

## Swimwear

### Lucky

LuckyBrand.com

Pages: 114, 115

### Lybethras

Lybethras.com

Pages: 81, 83, 104, 106

### Maya Swimwear

MayaSwimwear.com

Pages: 50, 119, 122

### Montce Swim

Montce.com

Pages: 93, 107 (top)

### Ola Vida Swim

OlaVidaSwimwear.com

Pages: 32-33, 36, 62, 64-65, 86, 91, 92, 105

### Ravish Sands

RavishSands.com

Pages: 60, 110

### Salt Swimwear

SaltSwimwear.com

Page: 87

### Savage Swimwear

SavageWear.com

Pages: 48, 58-59, 98

### Skye

SkyeSwimwear.com

Pages: 76-77

### Toxic Sadie

ToxicSadie.com

Pages: 43, 72-73, 89, 120

### Voda Swim

VodaSwim.com

Pages: 35, 41, 46-47, 54-55, 79, 99, 113,

## Locations

### Al Cielo Hotel

AlCieloHotel.com

Pages: 30, 32-33, 36, 45, 66-67, 81, 82, 86, 89, 91, 93, 104, 111, 122

### Catalonia Riviera Maya Resort and Spa

CataloniaRivieraMaya.com

Pages: Cover, 21, 50, 76-77, 88, 100, 106, 113, 115

### Dreams Puerto Aventuras Resort and Spa

DreamsResorts.com/puerto-aventuras

Pages: 35, 53, 63, 79, 84, 90, 116

### Dreams Tulum Resort and Spa

DreamsResorts.com/tulum

Pages: 3, 42, 43, 64-65, 71, 94-95, 102-103

### El Dorado Seaside Suites

ElDoradoSpaResorts.com

Pages: 41, 60, 62, 72-73, 96, 101, 105, 120

### Iberostar Tucan

Iberostar.com/Tucan

Pages: 34, 37, 40, 52, 56-57, 58-59, 70, 74, 78, 87, 92, 107, 108, 118, 125

### Papaya Playa Project, Tulum

PapayaPlayaProject.com

Pages: 28-29, 31, 39, 48, 51, 54-55, 69, 75, 83, 99, 114

### Zamas, Tulum

Zamas.com

Pages: 46-47, 98, 110, 119

*finelle*



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11	Beasley, Cole	WR	5-8	180	26	4	SMU
73	Bernadeau, Mackenzy	G	6-4	333	29	8	Bentley
66	Bishop, Ken	NT	6-0	305	24	2	Northern Illinois
79	Bostright, Kenneth	DE	6-3	254	25	1	Southern Illinois
54	Brinkley, Jasper	LB	6-1	252	29	7	South Carolina
88	Bryant, Dez	WR	6-2	222	26	6	Oklahoma State
39	Carr, Brandon	CB	6-0	206	29	8	Grand Valley State
42	Church, Barry	S	6-2	218	27	6	Toledo
24	Claiborne, Morris	CB	5-11	192	25	4	LSU
44	Clutts, Tyler	FB	6-2	254	30	5	Fresno State
60	Coleman, Davon	DT	6-2	297	24	1	Arizona State
71	Collins, La'el	OT	6-5	321	21	R	LSU
58	Crawford, Jack	DE	6-5	275	26	4	Penn State
98	Crawford, Tyrone	DE	6-4	284	25	4	Boise State
35	Days, Synjin	RB	6-0	234	23	R	Georgia Tech
74	Dill, R.J.	OT	6-6	316	24	1	Rutgers
25	Dunbar, Lance	RB	5-8	188	24	4	North Texas
14	Dunn, Reggie	WR	5-10	172	26	1	Utah
64	Edwards, Lavar	DE	6-4	278	25	3	LSU
89	Escobar, Gavin	TE	6-6	249	24	3	San Diego State
19	Farmer, George	WR	6-1	217	21	R	USC
69	Fortenberry, Heshod	OT	6-4	306	24	R	Texas Tech
72	Frederick, Travis	C	6-3	311	23	3	Wisconsin
52	Free, Doug	OT	6-6	325	31	9	Northern Illinois
62	Gachkar, Andrew	LB	6-3	240	26	5	Missouri
63	Gardner, Ben	DE	6-4	262	24	2	Stanford
67	Gibson, Laurence	OT	6-5	318	24	R	Virginia Tech
85	Goodley, Antwan	WR	5-10	210	23	R	Baylor
79	Green, Chaz	OT	6-5	309	23	R	Florida
81	Greenberry, Deontay	WR	6-1	204	21	R	Houston
94	Gregory, Randy	DE	6-4	229	22	R	Nebraska
86	Hamilton, Ray	TE	6-4	261	22	R	Iowa
84	Hanna, James	TE	6-4	250	25	4	Oklahoma
76	Hardy, Greg	DE	6-4	275	26	6	Mississippi
17	Harwell, Nick	WR	5-11	192	24	R	Kansas
96	Hayden, Nick	DT	6-4	303	29	6	Wisconsin
38	Heath, Jeff	S	6-1	209	24	3	Saginaw Valley St.
59	Hitchens, Anthony	LB	6-0	240	22	2	Iowa
1	Hornsey, Tom	P	6-3	195	24	1	Memphis
16	Jenkins, A.J.	WR	6-0	200	25	4	Illinois
31	Jones, Byron	CB	6-0	199	24	R	Connecticut
6	Jones, Chris	P	6-0	197	25	4	Carson-Newman
49	Kreiter, Casey	LS	6-1	250	24	1	Iowa
51	Ladouceur, L.P.	LS	6-5	259	33	11	California
53	Lawrence, Cameron	LB	6-2	234	24	3	Mississippi State
90	Lawrence, DeMarcus	DE	6-3	260	23	2	Boise State
65	Leary, Ronald	G	6-3	318	26	3	Memphis
50	Lee, Sean	LB	6-2	234	28	6	Penn State
70	Martin, Zack	G	6-4	305	24	2	Notre Dame
55	McClain, Rolando	LB	6-4	259	25	5	Alabama
97	McClain, Terrell	DT	6-2	293	26	5	South Florida
40	McCray, Danny	S	6-1	221	27	6	LSU
20	McDermott, Shane	C	6-3	303	23	R	Miami (Fla.)
20	McFadden, Darren	RB	6-1	218	27	8	Arkansas
62	Miller, Ryan	OT	6-7	321	25	1	Colorado
92	Mincey, Jeremy	DE	6-4	265	31	8	Florida
49	Nzeocha, Mark	LB	6-2	236	25	R	Wyoming
63	Obada, Efe	TE	6-5	257	23	R	
20	Patmon, Tyler	CB	5-10	179	24	2	Oklahoma State
21	Randle, Joseph	RB	6-0	198	23	3	Oklahoma State
48	Rivers, Keith	LB	6-2	236	29	8	USC
9	Romo, Tony	QB	6-2	236	35	13	Eastern Illinois
29	Ross, Joel	DE	5-9	182	22	R	Appalachian State
99	Russell, Ryan	DE	6-4	267	23	R	Purdue
32	Scandrick, Orlando	CB	5-10	196	27	8	Boise State
41	Scott, Tim	S	5-11	192	22	R	North Carolina
7	Showers, Jameil	QB	6-2	226	23	R	Texas-El Paso
77	Smith, Tyron	OT	6-5	318	24	5	USC
28	Steeles, Robert	CB	6-1	192	25	1	Memphis
15	Street, Devin	WR	6-3	190	23	2	Pittsburgh
87	Swain, Geoff	TE	6-4	242	21	R	Texas
82	Vaughan, Dustin	QB	6-5	233	24	2	West Texas A&M
36	Vinopal, Ray	S	5-10	194	23	R	Pittsburgh
3	Weeden, Brandon	QB	6-3	220	31	4	Oklahoma State
75	Weems, Darrion	OT	6-5	320	26	3	Oregon
61	Wetzel, John	OT	6-7	315	23	1	Boston College
64	Whaley, Chris	DT	6-3	272	24	1	Texas
23	White, Corey	CB	6-1	205	25	4	Samford
13	Whitehead, Lucky	WR	5-9	177	25	R	Florida Atlantic
51	Wilber, Kyle	LB	6-4	250	26	4	Wake Forest
27	Wilcox, J.J.	S	6-0	217	23	3	Georgia Southern
24	Williams, Ryan	RB	5-9	208	25	2	Virginia Tech
83	Williams, Terrance	WR	6-2	200	25	3	Baylor
44	Wilson, Damien	LB	6-0	243	22	R	Minnesota
33	Wilson, Jason	CB	5-11	183	22	R	Central Michigan
82	Witten, Jason	TE	6-6	261	33	13	Tennessee



## HEAD COACH

**Jason Garrett**

## ASSISTANTS

**Joe Baker**

Safeties

**Brett Bech**

Assistant Strength & Conditioning

**Rich Bisaccia**

Assistant Head Coach/Special Teams Coordinator

**Ben Bloom**

Defensive Ends

**Gary Brown**

Running Backs

**Kevin Carberry**

Offensive Assistant

**Marc Colombo**

Offensive Assistant

**Derek Dooley**

Wide Receivers

**Matt Eberflus**

Linebackers

**Jerome Henderson**

Secondary

**Leon Lett**

Defensive Tackles

**Scott Linehan**

Offensive Coordinator

**Steve Loney**

Assistant Offensive Line

**Rod Marinelli**

Defensive Coordinator/Defensive Line

**Keith O'Quinn**

Assistant Special Teams

**Frank Pollack**

Offensive Line

**Michael Pope**

Tight Ends

**Kendall Smith**

Assistant Strength & Conditioning

**Kyle Valero**

Assistant Wide Receivers

**Turner West**

Defensive Assistant

**Wade Wilson**

Quarterbacks

**Mike Woicik**

Strength & Conditioning Coordinator





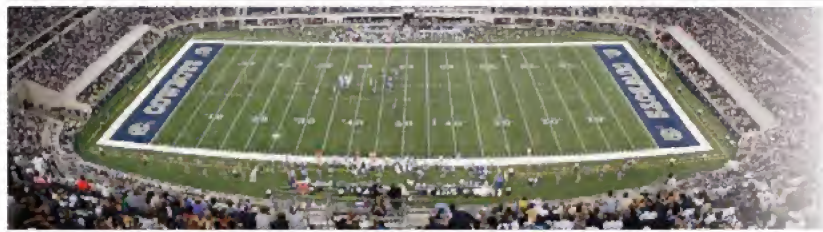
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## ISN'T THAT SPECIAL?

You could be a devoted 12-year-old fan and know the main topics of Cowboys' offseason conversation, especially once OTAs began.

Who will be the running back? How's the Greatest Offensive Line in History shaping up? How do the pass rushers look? What about Sean Lee?

The questions are obvious. Maybe a few more arise as folks get a chance to watch these Underwear Olympics. No real answers start to come until the pads go on during August's training camp in Oxnard.

And no area of the team is that more true than special teams. You can't really learn about returners and cover men until you're playing football, which means you can't fully tell who will be on your team because at least 10 percent of your final roster will come down to who helps the most in those areas.

Every team has roster questions every year. The Cowboys probably haven't had as many important special teams questions, though, since they settled on Dan Bailey as their kicker in 2011.

Arguably the best and certainly the most versatile special teams player since that same season is gone, Dwayne Harris was a sixth-round draft choice in 2011, and in fairly short order, he became not just the team's fourth receiver, but one of the most dynamic punt AND kickoff returners in the league, as well as the Cowboys' best cover man on



punts and kicks. He was the leading special teams tackler again last year. All of that got him a big contract from the division rival New York Giants in free agency, but it has left a hole in Dallas' special teams.

Danny McCray has come back to try to help fill that hole. Even McCray says he has "come home."

A little history. McCray was one of four undrafted free agents to make the team in

2010 (another was starting safety Barry Church). He immediately recorded 28 special teams tackles, third most in team history, and led the club again in 2011. McCray knows the Cowboys, and the Cowboys know McCray.

After the 2013 season, though, again a free agent, McCray was promised a chance to play more safety in Chicago, where his former Dallas special teams coach, Joe DeCamillis, had landed. Off he went to Chicago.

"I learned some things up there," McCray says now. One of them was that the grass that looks greener isn't always. Another was that he had played a little heavier than he needed to in 2013. Now at a lighter weight, McCray would still like to see action at safety, but he knows he has a special teams role to fill.

Walking back in the door now, that role is not as the leader of the special teams. Players and coaches agree that title currently be-

longs to safety Jeff Heath. Though only tied for fourth on the club in special teams tackles in 2014, Heath also served as the punter's personal protector. "He's the quarterback (of the punt team)," says McCray, who is just fine with that.

"I'm coming here to help any way I can," he says. "The difference in this team from when I was here two years ago is that this team is closer. We have leaders and guys who spend a lot of time together off the field, whether it's the O-line, or Dez [Bryant] hanging with you. There's competition on this team, and that breeds respect. It breeds winning."

That, in fact, is the biggest reason McCray wanted to come back. "I've never been on a winning team," he says, shaking his head. Can that be correct? It can. His rookie year was the year of the Wade Phillips-to-Jason Garrett coaching change, with a final mark of 6-10. The Cowboys were 8-8 for three years, and the Bears 5-11 last year. McCray wants in on what's cooking at Valley Ranch now.

Despite the holes in the special teams with the departure of Harris and the release of C.J. Spiller, McCray thinks these teams will be special. He loves the work history of new veteran linebackers Jasper Brinkley and Andrew Gotchkar. He knows special teams coordinator Rich Bisaccia, and he won Bisaccia's trust in 2013.

Danny McCray, in his sixth NFL season, is the kind of player no one talks about outside of the team complex and the kind every team needs to win. A veteran role player who knows how to play the game and appreciates it. He could be one of the best offseason signings you didn't know the Cowboys made.

Cue the Church Lady: Isn't that special?

Brad Sham will be entering his 37th season as The Voice of the Dallas Cowboys. The award-winning broadcaster is an inaugural inductee into the Texas Radio Hall of Fame.





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